



Important Pre-Booking Information

Truro School Volunteering & Jingle Jungle Living

Destination: **Borneo**
July 2027

Dear Parent/Carer,

Truro School - Borneo: Volunteering & Jingle Jungle Living

Your son or daughter has the opportunity to take part in an adventurous school trip that we are helping your school to plan.

Adventure travel is exciting. It is a chance for young people to stretch their horizons and develop an understanding of cultures and destinations beyond our everyday world. It is an opportunity to build their self-confidence and understand more about the amazing world we live in. The educational benefits and opportunities for personal development are many indeed.

Here at STC Expeditions, we firmly believe our educational journeys and school expeditions are packed to bursting point with experiences that will change your child's view on the world. Some companies in our market like to use the phrase "a once in a lifetime trip" – we prefer to think that our trips will be the first of many incredible adventures your son or daughter will embark on throughout their lives. If we can inspire young people to travel, to explore and to celebrate the diversity and difference that exists across the planet, then we know we're doing something good.

By its very nature, however, adventure travel is more challenging and demanding than a conventional school trip. The enjoyment, excitement and educational benefit is derived, in part, from the inherent risks and challenges associated with each journey and destination. The following Parents' **Pre-booking Information Pack** is designed to enable you to make an informed decision as to the itinerary and organisations involved, and whether the trip is right for your child.

Please read it carefully and should you have any questions at all, please do not hesitate to get in touch.

Yours sincerely,



Chris Sainsbury
Director



About STC Expeditions

STC Expeditions has been organising adventurous school trips and expeditions since 2006. Over the years we have helped school groups summit 6000m peaks in the Himalaya and visit remote tribes deep in the rainforest clad interior of Venezuela. Not all the trips we arrange are as adventurous as these, yet wherever we operate our key goal is to provide an exceptional educational travel experience, one that takes students out of their comfort zones, opening their eyes and stretching their global horizons in a carefully risk-assessed environment.

Objectives

- Following the success of your Borneo expedition in 2023, you would like to replicate a similar experience in 2027.
- In addition to the above, you would like to make full use of the opportunities your destination provides, so would like a diverse itinerary that shows all aspects of your destination – the geography, biology, language, history and culture.

Trip Overview

This is a thrilling journey into the depths of the Borneo rainforests. It is a brilliant adventure offering a perfect balance of physical challenges, jungle experience, wildlife spotting and beach relaxation. On this expedition we hike deep into the rainforest and spend two nights in hammocks under the jungle canopy. We'll spend time exploring the Kinabatangan river and have the chance to meet the famous orangutans at Sepilok. Don't forget biking, rafting and a conservation project, this will be an expedition to remember!

Trip Dates

The trip is planned for July 2027. Flights can only be booked a maximum of 11 months prior to departure, so we will be in contact once your travel dates are available to book.

Planned Itinerary

Below is an outline of the planned itinerary. Please note, it is important to realise that the itinerary needs to be flexible. Whilst every effort will be made to follow the schedule below, in the event of political problems, airline schedule changes or environmental factors, we will do our best to make your trip as enjoyable and hassle-free as possible, but it is important to EXPECT THE UNEXPECTED and be prepared to accept some slight

changes. Relax and have faith in your guides – he or she will want you to see their country in a good light.

Days 1 - 2: Depart UK, fly overnight and arrive in Sandakan on day 2

Fly from the UK to Sandakan where we meet our local STC Expedition Leader and transfer to our accommodation in Sepilok. We spend our first night in Borneo here; already immersed in the incredible wildlife and environment the island has to offer. After freshening up and a welcome briefing, we visit the Rainforest Discovery Centre for an evening walk before tucking into our first traditional meal.

Meals: D

Day 3: Sepilok Orangutan and Sun Bear Sanctuaries

Today we rise early to visit the Borneo Sun Bear Conservation Centre and the famous Orangutan Sanctuary where a video presentation introduces us to the centre, after which we can walk down to the viewing platforms to watch the orangutans enjoy their dinner and gain an understanding of the work Sepilok does and the plight of these amazing creatures. After a full day of marveling and learning about these majestic and endangered species, we go to the Rainforest Discovery Centre for a nighttime walk where we will discover all sorts of different jungle creatures.

Meals: BLD

Days 4 - 5: Danau Tungog Eco-Camp; Wildlife cruises, treks & tree planting

The next 2 days we spend exploring the jungle along the riverside. The Kinabatangan River is the second longest river in Malaysia and the wildlife along its banks is acknowledged by experts to be the most varied and easily accessible wildlife in all of Southeast Asia. During our time here we will go on wildlife cruises, take part in a tree-planting activity and go hunting for wildlife on a night walk.

On the cruises we would hope to see the famous proboscis monkey, salt water crocodiles, Macaques, Maroon Langur, Bornean Gibbon and if we're really lucky wild Orangutans and the newly discovered Bornean 'Pygmy' Elephant.

Meals: BLD

Days 6 - 9: Kinabatangan Project

Today we take a boat to Batu Putih and transfer 1hr to Bilit Kinabatangan, our home for the next 3 days. Here we will complete a sustainable and ethical community project. We will be constructing prawn and fish traps, which can be used in the river, these are vital for providing a source of protein to the local community. We will be helping local families repair and update buildings as well as helping with planting seedlings to reforest areas of local land. We will spend some time at the village school to allow the local students a chance to practice their English and to play sports together. During the project we will stay with a local family in a traditional homestay. This is an opportunity to get a true understanding of what day to day life is like in rural communities in Borneo. It will be basic but you will have a warm welcome.

Meals: BLD

Day 10: Transfer to Kiau Village

Today we travel to west Sabah, approx. 5hrs. This is an interesting journey passing through towns and some smaller villages where we will stop for lunch along the way. There is a noticeable difference in landscape as we drive across northern Sabah, from thick jungle to miles of deforestation. On arrival in Kiau Village we meet the Dusun families we are staying with. Tonight we enjoy a cultural show and have the chance to hear some stories from the locals about their life and how they live.

Meals: BLD

Days 11 - 12: Trek & Survival Skills

Over the next couple of days we set off on informative treks into the rainforest. As we hike through the rainforest in small groups, the leaders will teach us about jungle survival skills and local flora and fauna and its uses in food, medicine construction, utensils etc. As night falls we head out for some frog hunting. Each night we set up camp and fall asleep in our hammocks to the sounds of the jungle.

Meals: BLD

Day 13: Jungle Hike & Transfer to Kota Kinabalu

This morning we rise early and hike 3 hours to Kiau Village. From here we transfer 2 hours to Kota Kinabalu. Having checked in to our hostel, we set off to explore the sights of Kota Kinabalu – the fish market is superb and a great place for dinner!
Meals: BLD

Day 14: Tuaran Day - Mountain bike ride

A 45-minute transfer out of Kota Kinabalu takes us to the start of the day's mountain biking adventure! Our ride takes us through the heartland of the Dusun people as we cycle through small villages and jungle plantations. We stop for lunch at Tuaran town, close to the Chinese Pagoda. We pass through beautiful villages on hanging bridges, single track trails, rubber and pineapple plantations and are greeted by friendly locals. It is a great way to see more of everyday life in Borneo.
Meals: BLD

Day 15: White water rafting

We swap our bikes for rafts today. After a safety briefing, we raft through the jungle for about 9.5km! The Kiulu River runs through the stunning Kiulu Valley and is gentle, safe and fun. For 2.5hrs we paddle down the river until reaching the end where we are welcomed to a BBQ of local delights. This afternoon we relax and swim in the river, before boarding the buses and making our way back to Kota Kinabala to change and head out for dinner.
Meals: BLD

Day 16: Tropical Island Day & Ziplining

Today we have the chance to enjoy the beautiful sea and coral reefs of Kota Kinabalu. To get to our tropical island paradise we take a 15 minute boat ride from Jesselton Point jetty in Kota Kinabalu. We have plenty of time to swim, relax and enjoy the sun and sand. Weather permitting, we will also have the chance to zipline between 2 islands on the Coral Flyer!
Meals: BLD

Day 17: Environmental Clean Up

After breakfast we get stuck in with our 'Environment Clean Up' project and help to collect waste from the shoreline. This is a huge problem in Borneo where hundreds of miles of coastline is polluted with waste from passing ships, littering and washed in from the South China Sea. We will concentrate on two beaches, Tanjung Aru in the morning and Likas Bay after lunch. These beaches on the mainland near Kota Kinabalu are desperately in need of clearing.
Meals: BLD

Day 18: Conservation snorkelling

Today we continue our adventure underwater on a Coral Reef Conservation day tour in Tunku Abdul Rahman Marine Park! Our focus is the Coral Reef ecosystem and the aim, to appreciate the complexity of coral reef habitats and why coral reefs are important. We will learn about threats impacting the existence of coral reefs and what we can do as an individual to help protect them. Today is divided into three sections: Rainforests of the Sea, Fish Identification and Coral Reefs in Peril. Each section will begin with a lesson on land followed by snorkeling investigations.

Rainforests of the Sea: Learn to identify hard corals, soft corals, certain fish species - to give us a glimpse of the vast range of life found on a coral reef and why they are referred to as the 'Rainforests of the Sea'.

Fish Identification: One of the key ways of understanding the health of a reef over time is by performing fish or coral species surveys to collect data on the volume and variety of species found. This can help experts to understand if the reef is healthy (with a balanced mix of species, volume maintained) or not. Using a slate, we will spot and draw fish from some of the 12 main groups including Butterflyfish, snappers, barracuda, damselfish, parrotfish and puffers. During the lunch break at Padang Point, our snorkel guide will help us to determine their identities using fish identification slate / books.

Coral Reefs in Peril: Understand how coral reefs are facing natural and human threats and search for positive and negative signs to determine if the local reefs are healthy or under stress.
Meals: BLD

Days 19 - 20: Depart Kota Kinabalu, arrive UK

On our final day in Borneo, we make our way to the airport for our return flight back to the UK. Depending on flight schedules, we may have time to buy some last minute souvenirs.
Meals: B

Adventure Grading

We grade all our trips so teachers, school leaders, students and parents can gauge whether it is appropriate to their requirements and objectives. Grade 1 is the easiest / least challenging. Grade 5 is the most challenging. We have given this trip the following gradings:

Physical: Grade 3: Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase if your underlying fitness levels will help you get the most from this grade trip.

Culture Shock: Grade 3: Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.

Minimum Age

We recommend a minimum age of 14 years for this trip.

Meals

The majority of meals are included on our trips. Breakfasts, Lunches and Dinners for each day are shown as a BLD code on each day above. Please note the exact meal inclusions may change slightly on the first/last days depending on flight departure/arrival times.

Reality Check / Expectations

Ok, so you want to go on an adventure to Borneo? What does this *actually* involve? What expectations should you have? It's very difficult for us to give an accurate description in advance of what you will experience on this trip. That is, after all, the whole reason why we run these trips – some things you can only understand when you experience them in person, outside of the classroom, immersed in another culture. Below we give a few home truths about your trip. Some of them may sound 'harsh', but we want you to be fully informed and remember, a little discomfort here and there is a small price to pay to experience

the amazing opportunities available on this adventure. Standards of accommodation, transport, service provision, healthcare, hygiene and emergency response are, generally, not as high as in the UK. Flexibility and patience on the part of the traveller is important, so too is your understanding of this as a parent or guardian.

Accommodation

Accommodation standards on our adventures vary from country to country. Don't expect to turn up to towels folded into swans and a neat triangle fold at the end of your toilet roll. Sometimes we have quite good accommodation. Sometimes shared rooming is exactly what it means, you could be sharing cramped rooms in bunkbeds. You could be travelling on an overnight train where the 'walls' are curtains. At the lower end of accommodation, your bed may just be a mattress on the floor in a basic guesthouse or a hammock in the jungle. Washing facilities may be basic with limited showers and squat toilets. It all adds to the experience though, and is part and parcel of travelling in low income countries.

Accommodation types used on this trip includes:

Overnight Flight: We use good quality airlines for our international flights. Most, if not all, have in-seat entertainment and good food / refreshments.

Simple Hotel / Guest House: You should expect simple but clean rooms, sometimes en-suite, but some will have shared facilities. Rooms will often hold two to four beds, occasionally more. Guest houses are often less formal than hotels but that often comes with more character, a welcoming host family and/or unique features.

Hostel: Simple backpacker type accommodation, often with multi-share dorm accommodation and shared facilities.

Homestay: Homestays involve living with a local family. We will always have at least two or three students in each house, sometimes more and all homestays in a village/town will be within walking distance of each other. You'll often eat breakfast with the family, but other meals with the group. Be prepared to brush up on your sign language to make yourself understood as few homestay hosts speak English. You'll be surprised at how well you can communicate!

Fixed Camp with Facilities: Expect to sleep in either fixed multi-share tents or two or three person tents set up specifically for you group. Facilities are likely to include toilets (possibly of the squat type) and showers possibly with additional communal buildings for eating and gathering.

Wild Camp with Limited Facilities: On a wild camp you should expect very basic limited facilities. You'll be sleeping in tents or, if in a jungle environment, possibly a hammock. If the weather is good, then there may be the opportunity to sleep out in the open. The toilet is likely to be a hole in the ground, covered by a toilet 'tent'. Showers are unlikely, but you may be given a bowl of warm water in the morning to wash. What you lose in comfort is usually more than made up for by the spectacular surroundings and amazing hospitality of our camp staff.

Environment & Place

The environment can be the biggest challenge on an expedition. The locals are used to it, but to you it will be an alien environment and you will have to learn to adapt. This may be a struggle initially, and be uncomfortable for a few days, but give it time and you'll soon get used to it. Learn to look through any initial discomfort and look around at where you are and what you're experiencing. The environments you'll encounter on this trip include:

Jungle / Rainforest: Without a doubt, the toughest environment that the world has to offer. Hot, wet, full of bugs, pitch black at night and often very noisy. Yes, there will probably be leeches (not a problem, our guides will show how to remove them safely). You are likely to get dirty, wet and sweaty. You will have to make sure your kit is prepared, waterproofed and you can look after your feet. Personal administration is paramount, but the rewards are incredible: it's an amazing, beautiful, mesmerizing place

Tropical: Anywhere in the tropics can be nice and sunny one minute, then very, very wet the next. It will still be warm so the rain is often welcome, but you should come prepared to get wet, so make sure your kit is well waterproofed. The reason you are here is because of the lush and beautiful scenery. You'll soon discover how it gets like that! There may be quite a few bugs about too!

Poverty: Poverty in the UK is very much in existence, but it's usually masked by clean

streets, good infrastructure and a temperate climate. When you visit many of our destinations poverty has a completely different look and feel: discarded rubbish, animal (or human) waste, stagnant water, poorly maintained roads and pavements and basic housing. Add in barefooted children in often dirty clothes and you will soon understand what we mean. Experiencing this can be unpleasant as you would never wish this upon anyone, but we live in the real world and sometimes the real world isn't pretty. Our trips are designed to open your eyes to all aspects of your destination.

Modes of Travel

Transport on this trip will be by:

Boat travel: Boat journeys on our adventures vary from slow boats to enable you to soak up the scenery and life on the banks, to fast speedboat transfers along bustling rivers. Whether fast or slow, travelling by boat always gives a different perspective on your destination.

Bus / Coach: We use good quality, privately owned buses. We do not use public buses. All buses have seat belts and been safety checked to at least minimum local standards, if not western standards. All drivers are known to and trusted by our local partners in country and have their driving hours limited in line with EU rules.

Trekking: This mode of transport is as old as time and is tried and tested to ensure you can absorb all the environment has to offer! Your feet, legs and back/shoulders may get sore so it's important to look after them (and get fit before you start!) There's no getting away from it, walking uphill can be uncomfortable, no matter how fit you are, so expect to be out of breath at some point. At times it might be challenging, but all our treks are achievable by people just like you, so supporting each other in the team is crucial. The best thing? Trekking can take you to amazing, remote locations that buses, trucks and bikes simply can't. Yes, it requires effort but the rewards are great but you will have earned the feeling of accomplishment afterwards. A great bonus is that often you're away from light pollution and the stars will be utterly fantastic! You won't need to trek with a full backpack, just a day sack of around 25/30 litres.

Trip Cost and Group Size

Our price to the school for this trip is **£3,995 - £4,195.00 per person, dependant on group size.**

We aim for our tours and expeditions to be essentially fully inclusive. There are, however, some things we can't include in our price to the school – please see the 'What's not included' section below.

We price our trips based on different group sizes and price 'breaks'. The above price is subject to a minimum of 25 paying participants to make the trip viable at this price.

What's included?

The following is included in the price to the school:

- All accommodation, activities, entrance fees and transportation as per itinerary, unless marked 'optional'.
- Meals as described in the day to day itinerary
- International airfares and pre-paying taxes
- Bi-lingual, first-aid qualified STC Tour/Expedition Leader whilst in Borneo with further local guides at sites as required
- Pre-travel training programme
- ATOL financial protection
- £50 contribution to community project
- Group First Aid Kit & Medications Pack
- 24-hour emergency response and management
- All pre-departure services including BS8848 safety management, risk assessments, planning fees (£250pp) and final travel documentation.

What's not included?

We aim for our tours and expeditions to be essentially fully inclusive. There are, however, some things we can't include in our price.

Our price to the school does not include the following, which the school may have added an additional fee for:

- Transport to airport in UK
- Drinking water & soft drinks (we discourage the use of single-use plastic water bottles and will be giving advice on filter bottles and the purification of water)
- Visas if required (see country information for more details)
- Medical Emergency, Repatriation and Cancellation Travel Insurance – please ensure that you are adequately covered for the activities included in this trip and pre-existing medical conditions
- Any required inoculations
- Personal spending money – to cover souvenirs, postage, snacks, drinks, optional activities/entrance fees
- Airport departure taxes to be paid locally (if required)
- Tips for guides, drivers and support staff: (we suggest allowing £70 per person for this trip).

Country Information

Full Country Name: Borneo

Area: 743,330km²

Population: 23.05 million (2020, censuses)

Capital City: N/A as made up of three separate nations

People: Indigenous people known as Dayak
Language(s): There are over 40 ethnic groups living on Borneo, speaking over 65 languages or dialects. Indonesian is the principal language of Kalimantan; Malay is spoken in the north and English is also widely used. In Kota Kinabalu around 50% of residents are of Chinese descent meaning that the Hakka dialect is widely spoken.

Religion(s): Islam, Buddhist, Christian, and Hindu

Time: GMT + 8 hours.

Country overview:

The third largest island in the world and largest in Asia, Borneo is divided between the three countries of Malaysia, Brunei and Indonesia. This melting pot of cultures and people makes it a fascinating and culturally rich destination. For most visitors the main attractions are the spectacular rain forests which span the island, a wealth of ecology and wildlife and home of course to the orangutan, or the beautiful beaches which meet the crystal clear waters of the ocean.

Geography:

Before the last ice age, Borneo was a part of mainland Asia, now it is perched in the waters of the South China Sea, Celebes Sea, Makassar Strait, Java Sea and Karimata Strait. The highest point of the island is

Mount Kinabalu at 4,096m. The island is home to extensive cave systems including Clearwater Cave which has one of the world's longest underground rivers, in Gunung Mulu National Park. Back in 1970, 75% of the island was covered by its 140 million year old rainforests. Now, it covers a mere 30% of the landmass. Despite this, it is an ecological haven and home to countless species of flora and fauna.

Climate:

Borneo experiences a tropical climate, temperatures averaging 25°C to 35°C, humidity of around 80% and rainfall throughout the year. Unlike most of Asia, the best time to visit is between March and April where it is at its driest.

Nov-Feb: Borneo sees some of its highest rainfall in the winter months meaning much of the island's wildlife remains hidden from view as they shelter in the forest.

Mar-Oct: As the dry season sets in visitors begin to flock to Borneo. Expect showers in March and October but the intervening months should be mostly dry throughout.

April / May: offer the best likelihood of spotting orangutans while the turtle season spans throughout June, July and August. For more detailed information on Borneo's climate, please visit the World Meteorological Organization (WMO) website on following link:

<http://worldweather.wmo.int/en/city.html?cityId=81>

Cultural considerations:

With its various ethnic groups, it is better to play it safe in Borneo. Women should ensure they are well covered, at least their shoulders and legs and in baggy clothing. In general, people in Borneo will leave a foot between them when conversing and touching between men and women is not common in public. Same-sex couples should also be aware that homosexuality is not really recognised in Borneo. The Malay, Chinese and Indian populations of Borneo strive to maintain the concept of face which can be done by keeping harmonious relationships. Wearing of 'skimpy' or revealing clothing (e.g. bikinis or very short shorts) is not appropriate outside of beaches or beach resorts. See <http://www.guide.culturecrossing.net>

Regulations: Red Tape:

To enter Malaysia, your passport must have an 'expiry date' at least 6 months after the date you arrive. Make sure it is undamaged, with no pages missing.

Check with your travel provider that your passport and other travel documents

Malaysia does not recognise dual nationality. You can be refused entry if you're found with a Malaysian passport and one of a different nationality. If you have dual nationality (not including Malaysian), enter and exit on the same passport.

If you are UK passport holder you can visit Malaysia without a visa for tourism. You will normally be allowed to stay for 90 days on arrival.

Keep a copy of your passport and visa safe in case your passport is lost. It may take time to get a replacement visa. If you cannot show your original visa or entry stamp on exit, you may be treated as an overstayer.

You must [submit an arrival card online](#) to enter Malaysia. Do this before you travel – airlines may ask for it at check-in. If you are not passing through immigration, you do not need to complete an arrival card.

If you're travelling between Peninsular Malaysia and East Malaysia (sometimes known as Malaysian Borneo and made up of the states of Sabah and Sarawak), you must carry your passport. You will pass through immigration control and must get entry and exit stamps.

For non British passport holders, we recommend you check visa requirements as soon as possible. Information can be found on <https://travcour-vls.com/> and <https://visacentral.co.uk/>.

As of Dec 2023 you will need to complete a digital arrival form. This must be completed in the 3 preceding days before your arrival.

Foreign Office Advice:

You should familiarise yourself with up to date Foreign Office advice for travel to Borneo. This is available on their website: <http://www.gov.uk/foreign-travel-advice/malaysia> This site contains useful information about safety and security, health and entry requirements.

Health & Vaccine Information:

Shortly after booking, all our groups receive a trip specific health and vaccination

briefing letter from our medical advisor. If you want to look up the latest health advice and recommended vaccinations for your destination prior to booking, please visit the TravelHealthPro country specific website on the following link:

<https://travelhealthpro.org.uk/country/138/malaysia-borneo>

Venture Provider

STC Expeditions is the venture provider for this trip (as defined in British Standard BS8848), holding overall responsibility for safety and operations.

Leader Team

The Leader team for this expedition will be made up of:

STC Leader: An experienced tour/expedition leader will accompany the group when in country. By using leaders from your destination, we ensure our clients get the best possible in-country experience. Students and teachers regularly tell us that our leaders are a vital part of the success of our trips, providing an invaluable insight into local customs, history, flora, fauna, geography, politics and much more. They also have detailed knowledge of the local environmental and safety issues that groups could potentially incur and are thoroughly trained by us in their responsibilities and emergency procedures. The STC Leader has overall responsibility for directing the logistics of the trip and ensuring the safety of each and every person participating.

As a minimum requirement, all STC Leaders must:

- Be over 25 years of age
- Have at least three years' experience leading relevant trips in the destination
- Have suitable professional qualifications (e.g. mountain guide qualifications, tour leader certificates), as applicable to the trip.
- Hold an in-date, appropriate first aid certificate.
- Have clear police/background checks and references to the fullest extent available in the destination.
- Have attended an STC Leader training day and been selected by STC UK staff as being appropriate to work with our groups.

School Leader Team: This is made up of a minimum of two teachers, one of each gender (if a mixed group). The school leader team support the STC Leader in aspects of pastoral care issues of participants and the implementation of school policies and appropriate guidelines.

Pre-departure information

In the build up to your trip, we will be providing detailed information and training sessions to enable participants to plan and prepare as thoroughly as possible for this trip. This information will include advice on:

- Confirmed travel arrangements
- Health & hygiene advice
- A comprehensive kit list
- Culture & history of your destination
- Sources of further information about your destination
- Passport and visa requirements
- Trip specific vaccination and medical advice from Travel Health Consultancy Ltd.
- Money matters including, if appropriate to your trip, fundraising ideas and entrepreneurial schemes
- Language – basic phrases
- Expected fitness requirements (a training programme will be available on your booking page)
- Roles, responsibilities and expectations of participants
- Responsible tourism advice and suggestions
- Code of conduct
- What to do in an emergency and emergency contact information

Pre-travel meetings/training

Preparing students for their upcoming adventure is a vital part of safety management and an opportunity to teach important life skills. The training given to students prior to this adventure is made up of the following:

Fundraising and destination planning (Expedition Training 1): This approximately 2-hour session includes group discussion, debate and advice sessions on how to raise the expedition funds and also research the destination. This usually takes place 1 – 2 months after launch and covers:

- Destination & culture research – sources of information to help you get the most from your expedition experience.

- Team building games
- Fundraising & event planning – as a team and individually

Responsible Tourism workshop, Safety management and kit (Expedition Training 2): This afternoon / evening totals about three hours, usually arranged four to six months prior to your departure. First, an ethical tourism workshop looks at the subject of responsible tourism, ethical dilemmas whilst travelling and how to have a positive impact abroad. Topics include:

- Water usage
- Cultural considerations
- Ethical volunteering
- Positive and negative impacts of travel

The second half of the session covers the following elements and is ideal to combine with parental information sessions on kit, packing and safety briefings. We usually invite the parents to the last hour of this training session to help understand and feel comfortable with all the final information prior to departure of the trip. Topics covered include:

- Group safety
- Roles & responsibilities
- Personal safety training
- Health & hygiene training
- Kit & how to pack
- Crisis and Communications

Safety & Attitude to Risk

Safety is our number one priority and we take the welfare of our clients and those who work on our trips extremely seriously. We have comprehensive safety management systems in place, including areas detailed below. If you would like to know more, please ask for a copy of our Safety Management System.

British Standard 8848:2014: All trips and expeditions provided by STC Expeditions conform to British Standard 8848:2014 (a specification for the provision of visits, fieldwork, expeditions and adventurous activities outside the United Kingdom) as declared by The Young Explorers' Trust on the basis of the operating procedures and safety management systems evidenced on 20th January 2020 and a sample of ventures examined to the year-end 2019.

Trip selection: Each journey and expedition has been tailor-made and researched with school groups in mind.

Leaders: Each trip is accompanied by a full time professional leader, trained in first aid, critical incident management and the complex art of managing logistics.

Risk Assessment: Country and itinerary specific risk assessments are provided prior to departure. In addition, your leader has the training to dynamically risk assess your journey when on the road. Group management risk assessments are provided to assist lead teachers. Copies of risk assessments are available to all stakeholders and can be obtained by contacting STC Expeditions on 01392 660056.

Water activities: On all our trips there may be opportunities to swim and whilst we cannot guarantee that there will be lifeguards on duty in all locations, any swimming or water activity is covered under our safety management system. Swimming capability of each participant is asked on our booking form and specific permission sort from parents/guardians as to whether participants are allowed to swim in certain locations (e.g. swimming in inland lakes and rivers, the sea, swimming pools).

Third Party Providers: On all our trips and expeditions, we use one or more third party providers in your destination to deliver certain services, including accommodation, transport and specialist activities such as trekking and white-water rafting (if applicable to your trip). All these providers are pre-checked by us in line with our Safety Management System and Standard Operating Procedures.

Crisis response: 24-hour emergency back-up and critical incident support is on hand in the unlikely event of an incident whilst overseas.

Communication: Each group carries satellite, radio and/or mobile communications as your itinerary and terrain demands, ensuring communication is possible in all situations.

Accommodation & transport: All accommodation and transport are risk assessed and checked by local operations teams. Minimum requirements for vehicle standards and driver hours are enforced through contractual agreements with our in-country partners.

Insurance: £5,000,000 public liability

Pre-travel screening: All travellers are medically screened by our independent medical advisor to ensure they are fit and healthy to undertake your chosen journey.

Travel Advice: All tours and expeditions are run within The Foreign, Commonwealth and Development Office (FCDO) travel advice. FCDO advice is monitored daily and tour operators have the resources to react quickly should that advice change.

Pre-trip training: Students and staff are given the necessary training and skills to safely undertake each journey. Some of this training is provided by us, some by external companies as necessary.

Evacuation: We have an emergency evacuation plan in place for each day of the trip, detailing the nearest medical facilities and places of assistance. Whilst helicopter evacuation is theoretically possible in Borneo, in reality it is often quicker to evacuate casualties by minibus or ambulance. The estimated evacuation time from the most remote point on this trip to a good standard hospital may be in the region of 4 hours or longer, as the actual evacuation time may be affected by outside factors such as: weather, daylight hours, severity of incident, groups fitness levels, resources available and ground conditions. If you would like to see a copy of our emergency evacuation plan then please get in touch.

Declaration of Risk: Ventures that include adventurous activities involve exposure to accepted elements of risk, challenge and adventure greater than those normally encountered in everyday life. Whilst such activities provided by STC Expeditions are subject to exacting safety management processes, it cannot be guaranteed that all possibility of resultant injury to participants, or others, is eliminated.

Responsible Tourism

We are the leading UK expedition company in responsible travel. Our ethos is to educate the next generation of responsible world travellers. You can rest assured any adventure planned with us will be sustainable and ethical.

Here are just a few examples which prove we practice what we preach:

- We partner with Scottish rewilding charity Trees for Life www.treesforlife.org.uk and have

committed to plant a tree for every person that travels with us.

- Eco Car Club for staff travel
- Employing and training tour/expedition leaders from your destination
- Responsible tourism training to in country staff and within UK schools to students and teachers alike
- Policy against elephant riding and other unethical wildlife activities
- Fairtrade farm visits in our itineraries and use of Fairtrade coffee and tea in the office
- Culturally sensitive itineraries and Women's Perspective opportunities
- Global Environmental Clean Up project for groups to improve polluted coastal or inland areas in their destination

Payment Plan

In line with our Booking Conditions, the following is our standard payment plan for most trips, but please refer to the school letter detailing the specific costs and payment schedule for this particular trip.

- £400 deposit, split over two payments for £200
- 30% of the trip costs are to be paid by 360 days prior to departure.
- 50% of the trip costs are to be paid by 180 days prior to departure.
- 80% of the trip costs are to be paid by 120 days prior to departure.
- 100% of the trip costs are to be paid by 75 days prior to departure.

Financial Protection

All the flight inclusive tours and expeditions offered by STC Expeditions are financially protected by the ATOL scheme. Our ATOL license number is 11054. On booking, the school will be supplied with an ATOL Certificate. Please see our booking conditions for further information or for more information about financial protection and the CAA website for more details on the ATOL Certificate: <https://www.caa.co.uk/ATOL-protection/Consumers/About-ATOL/>



Paying your Way

We strongly believe that students need their parents' permission to go on these adventures – but not necessarily their

money! Students can consider paying their own way towards the trip and will find advice in our 'Stashing the Cash' fundraising guide on the online portal. In our experience, students come up with the best and most entrepreneurial ideas which look great on their CV or potential university applications. Examples could include getting a Saturday job, babysitting or tutoring.

Booking Conditions

By booking a place on the trip, you confirm that you accept our booking conditions which can be found on our website at the following address:

<https://the-stc.files.svdcdn.com/production/uploads/general/The-STC-Group-Terms-and-Conditions-v9.pdf>

Privacy & Data Collection

As part of a booking, we need to collect a variety of personal details, including sensitive personal information, in order to fulfil our obligations as a tour operator and to ensure the safety of all participants. We have comprehensive data security procedures in place and process data in accordance with the Data Protection Act 2018 (GDPR). We will not sell, distribute or lease your personal information to third parties unless we are required by law to do so.

For more details on how we process data, please visit our website: <https://www.thestc.co.uk/privacy/>

Relationship with the School

When we run an overseas trip for a school we contract with the school for the delivery of the travel arrangements and any pre-trip programme. We also contract directly with the parents/guardians through our terms and conditions which govern responsibilities of both parties, cancellation policies, changes and liability. Therefore, in terms of health and safety, we work in partnership with the school's Senior Management and/or Head Teacher. This means that we also work with the school's Operating Authority, (if applicable) meaning the trip is signed off by an external body.

How to contact us

We love to talk travel. If you have any questions about this information or want to

know more about us as a company then you can find us here:

STC Expeditions
Unit 6B, King St Business Centre
Exeter
EX1 1BH

Or telephone via: 01392 660056
For email: schools@thestc.co.uk
And Web: www.thestc.co.uk

Borneo

